

Breakfast Egg Burrito with Salsa

Ingredients:

- 1/2 onion
- 1 tomato
- 4 eggs
- 2 tablespoons 1% milk
- 4 whole wheat tortillas, low-fat

Equipment:

- Cutting board
- Knife
- Mixing bowl
- Mixing spoon
- Non stick skillet
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Preparation Time: 15 minutes
 Total time: 15 minutes

Directions

1. Heat skillet on medium heat. Spray with cooking spray right before you add ingredients.
2. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn ¼ and slice again to make dice. Chop up any large pieces. Add to skillet and cook until tender.
3. Wash tomato. Slice tomato in half through the core. Use a paring knife to remove the stem and core. Turn tomato on its side and slice into 1/4" slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Add to skillet.
4. In a large mixing bowl, blend the eggs and milk and mix well with a fork for 1 minute until eggs are smooth.
5. Pour egg mixture into a non stick skillet and cook on medium, until eggs are no longer runny.
6. While eggs are cooking, wrap tortillas in paper towel and microwave for 45 seconds at medium power until warm.
7. Split egg mixture into 4 equal servings and spread on tortilla. Roll tortillas into a roll and serve.

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Nutrition Facts

Serving Size: 1 burrito	
Servings: 4	
Amount Per Serving	
Calories 229	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	11%
Cholesterol 212mg	71%
Sodium 457mg	19%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	10%
Protein 11g	22%
Vitamin A 9%	Vitamin C 11%
Iron 12%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.